



**A complete resource
for psychological and
emotional well-being.**



Your job isn't easy.

You're asked to do things most people can't do, be in situations most people can't handle or make decisions most people couldn't fathom. These challenges can put an unimaginable toll on you. Yet, to be successful in the Navy and Marine Corps, you have to be psychologically strong. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center can help. We have the resources and tools to help you strengthen your resilience so you can perform at your best.

Visit our website at www.nmcphc.med.navy.mil/Healthy_Living to find resources on:

- 21st Century Sailor and Marine Initiative
- Resilience
- Operational Stress Control
- Navigating Stress
- Suicide Prevention
- Relaxation
- Anger Management
- Mental Health
- Sleep
- Navy Leader's Guide for Managing Sailors in Distress



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING

YOU HURT. WE HELP.



**Psychological and Emotional
Well-being Overview**



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A resilient warrior.

Military life, especially deployment or mobilization, presents unique and difficult challenges to you and your family. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Operational and wartime missions can have psychological effects on how you think, feel and act. We understand that and we provide you with the tools and resources to become more resilient. Our goal is to help you withstand, recover, adapt and grow.

The power of psychological fitness.

You could argue that your mind is the strongest muscle in your body. It controls everything — your thoughts, feelings and behaviors. Psychological fitness involves how you process information, feel about things and respond to your thoughts and feelings. As a service member, you need to be psychologically fit so that you can perform well and at your peak. Strengthening your mind can help you realize your full potential, work productively and make meaningful contributions. Additionally, psychological fitness can reduce the probability of:

- ▶ Engaging in unhealthy behaviors such as drug abuse, excessive alcohol use and risky sexual behaviors
- ▶ Fighting and impulsive decisions
- ▶ Developing conditions such as anxiety, depression, obesity, diabetes and heart disease

Keep a positive outlook.

You can't change the fact that highly stressful and painful events happen, but you can change how you interpret and respond to them. Try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion. It helps to look beyond the present to see how future circumstances may be a little better.

Psychological and Emotional Well-being Overview

Taking good care of yourself helps to keep your mind and body primed to deal with challenging situations. Here are some tips:

- ▶ Pay attention to your own needs and feelings.
- ▶ Engage in activities that you enjoy and find relaxing.
- ▶ Exercise regularly. Regular physical activity enhances thinking, learning and judgment skills as well as improves your mood and sleep habits.

Worrying is negative energy.

Unrelenting doubts and fears are paralyzing and are not motivating or productive. They drain your emotional energy, send your anxiety levels soaring and interfere with your day-to-day life. The good news is that chronic worrying is a psychological habit that you can learn how to break and change. You can train your brain to stay calm and collected and to look at life from a more positive perspective.

Many psychological health concerns are preventable and treatable. Early identification and assistance can help prevent the onset of behavioral and emotional problems, decrease rates of chronic disease and help you lead a longer, healthier life.

Where to go for help.

If you or someone you know is experiencing a psychological health concern, take action by:

- ▶ Talking to your health care provider
- ▶ Contacting the mental/behavioral health department at your military treatment facility
- ▶ Contacting the Navy Reserve Psychological Health Outreach Program (PHOP). To find the program near you, visit www.navyreserve.navy.mil/Pages/PHOP.aspx
- ▶ Calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- ▶ Calling Military OneSource at 1-800-342-9647

